



The Wellness Wire

Herbert Wertheim College of Medicine

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An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, the Assistant Dean of Faculty Development, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.

Greetings as we all learn to reframe our lives during these unprecedented times. Recognizing that figuring out how to work from home can be challenging, the Faculty Assembly Steering Committee has launched this initiative to provide resources for faculty and staff to foster our collective well-being.

Seeking Historical Perspective

Over these last few weeks, many of us find ourselves saying “never in my lifetime” as part of everyday speech more often than we ever had, well, in our lifetimes. The pace and breadth of the changes upon us can get dizzying. From an historical perspective, though, we have seen some of these changes before. There have been devastating pandemics. There have been rapid and overwhelming economic changes. There have even been mandated episodes of isolation and bans on certain types of social interaction.

Within the ever-changing ups and downs of human existence, the arts and humanities can provide us with other perspectives, including the historical. Literature, history, music, theater, and the visual arts have the power to help us see our common humanity, to reflect on different aspects of the human experience, and, at their best, to offer hope. In Baroque France, [Moliere's](#) farces helped a populace struggling with vast income disparities laugh at their government, their aristocracy, themselves, and yes, their doctors. At this current moment, who can forget the images of Italians singing regional songs across their balconies?

In that spirit, we offer some ideas for potential humanistic diversions.

For the **readers** among us, consider diving into Jose Saramago's [Blindness](#). The tale of an unexpected epidemic of blindness in an unnamed city explores the social breakdown and the darkness, literal and figurative, that emerges. Through its protagonists, it gives hints of where to find lightness as well. For those more drawn to the romantic, Gabriel Garcia Marquez's [Love in the Time of Cholera](#) serves as testament to the healing power of love, even with the ever-present threat of an epidemic on the horizon. And for those who would like to revisit a young adult classic, it is hard to beat the courageous reflections in the [Diary of Anne Frank](#).

For the **writers and visual artists** among us, keep an eye out for the e-launch of this year's [Eloquor](#), HWCOC's inspiring literary journal, in early May.

For the **theater fans** among us, join the HWCOC Medical Humanities Interest Group for a Zoom readers' theater event. Over lunch on Thursday, April 16th, we will offer a dramatic reading and discussion of William Carlos Williams' powerful short story, “A Face of Stone.” Keep an eye out for the invitation.

Don't forget about our interactive Wellness Wall as well:

<https://teams.microsoft.com/#/school/conversations/General?threadId=19:5ff287f7a6744a96a18e22896ebd3b3a@thread.tacv2&ctx=channel>

